

Mumps

What is mumps?

Mumps is a contagious disease caused by the mumps virus.

How is mumps spread?

Mumps is spread by airborne transmission with mucus or droplets from the nose or throat of an infected person, usually when a person coughs, sneezes, or talks. Mumps can also be spread by sharing drinking cups or eating utensils with an infected person. In addition, the virus may spread with someone with mumps touches items or surfaces without washing their hands and someone else then touches that same surface and rubs their mouth or nose.

Who gets mumps?

Anyone who is not immune from a previous mumps infection or from vaccination can become infected with mumps. It is more common in infants, children, and young adults. Mumps is rare in the United States, but outbreaks do occasionally occur in under-vaccinated communities.

What are the symptoms of mumps?

The most common symptoms are fever, headache, body aches, loss of appetite, and swollen salivary glands under the jaw. The disease can lead to permanent hearing loss, aseptic meningitis (infection of the covering of the brain and spinal cord) and, in up to 50% of males who have reached puberty, the disease can cause painful, swollen testicles.

How soon do symptoms appear?

They may appear 12-25 days after infection, but usually within 16-18 days.

How long is an infected person able to spread the disease?

An infected person is contagious from 3 days before the onset of illness to 5 days after the salivary glands begin to swell.

What is the treatment for mumps?

There is no specific treatment. Supportive care should be given as indicated.

Is there a vaccine to prevent mumps?

Yes. Two doses of the mumps, measles, and rubella (MMR) vaccine are routinely given to all children and are 95% effective at preventing mumps. The first dose is given on or after the first birthday; the second is given at 4 - 6 years of age. MMR is a live, attenuated vaccine. Pregnant women and persons with immunodeficiency or immunosuppression should not receive live, attenuated vaccines.

What can be done to stop the spread of mumps?

Anyone with mumps should not go back to child care, school, work, or other public places until 9 days after symptoms began or until they are well whichever is longer. Contacts to a mumps case should have their immunization status evaluated. Anyone who is not immune and has not received 2 doses of a mumps-containing vaccine should be vaccinated. Persons who may have been exposed should be educated on the signs and symptoms of mumps disease and should seek medical attention as soon as any of these symptoms begin. During an outbreak, unvaccinated individuals should be excluded from school or work.

To help prevent the spread of mumps and other infections:

- Wash hands well and often with soap
- Do not share eating or drinking utensils
- Regularly clean surfaces that are frequently touched (such as doorknobs, tables, counters, etc.) with soap and water or cleaning wipes
- Minimize close contact with other people when you are sick
- Cover your mouth and nose with a tissue when you cough or sneeze and put the used tissue in the trash can

How do I get more information on mumps?

Calhoun County Public Health Department

Phone: (269) 969-6383

Centers for Disease Control and Prevention

Website: <http://www.cdc.gov/mumps/index.html>

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This fact sheet is meant to provide general health information and is not intended to be medical advice or otherwise take the place of your doctor's orders or to diagnose your specific health problems. Check with your doctor if you have any questions or concerns about your health.

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